

**Amendments to the Claims:**

The following listing of claims replaces all prior versions and listing of claims in the application.

**Listing of Claims:**

1-3. (Canceled)

4. (Currently Amended) An exercise apparatus comprising:

at least one treadle having at least one tread;

a master control unit;

a first sensor, in communication with the master control unit, which generates a first signal indicative of an effective tread speed for the apparatus;

a resistive element operably coupled with the at least one treadle, the resistive element including at least one resistance level; and  
The exercise apparatus of claim 1, further comprising:

a second sensor in communication with the master control unit

wherein the at least one treadle has at least a downward movement; and

wherein the second sensor generates at least one second signal with each downward movement of a treadle.

5. (Original) The exercise apparatus of claim 4, wherein the master control unit calculates the amount of energy expended based upon the received first and second signals.

6. (Original) The exercise apparatus of claim 5, further comprising a data structure containing data indicative of the amount of energy expended for at least one of a given effective tread speed and a given resistance level; and the master control unit utilizes data from the data structure in calculating the amount of energy expended.

7-14. (Canceled)

15. (Currently Amended) An exercise apparatus comprising:

at least one treadle having at least one tread;

a master control unit;

a first sensor, in communication with the master control unit, which generates a first

signal indicative of an effective tread speed for the apparatus; and

a resistive element operably coupled with the at least one treadle, the resistive element including at least one resistance level;

wherein the apparatus may be configured such that striding, stepping or combined striding and stepping motions are facilitated by the apparatus; and

~~The exercise apparatus of claim 14, wherein the master control unit determines whether striding, stepping and/or combined striding and stepping motions are to be facilitated by the apparatus based upon at least one of a desired effective tread speed and a desired resistance level~~

16. (Original) The exercise apparatus of claim 15, wherein at least one of the desired effective tread speed and the desired resistance level are specified via a user interface.

17. (Currently Amended) An exercise apparatus comprising:

at least one treadle having at least one tread;

a master control unit;

a first sensor, in communication with the master control unit, which generates a first signal indicative of an effective tread speed for the apparatus; and

a resistive element operably coupled with the at least one treadle, the resistive element including at least one resistance level;

wherein the apparatus may be configured such that striding, stepping or combined striding and stepping motions are facilitated by the apparatus; and

~~The exercise apparatus of claim 14, wherein the master control unit determines that stepping or combined striding and stepping motions are to be facilitated by the apparatus based upon resistance level.~~

18. (Canceled)

19. (Original) The exercise apparatus of claim 4, wherein the master control unit determines the amount of calories expended based upon the second signal when the first sensor provides a null reading.

20. (Original) The exercise apparatus of claim 19, wherein the apparatus is configured in stepping mode.

21. (Original) The exercise apparatus of claim 4, wherein the master control unit determines the amount of energy expended based upon the first signal when the second signal provides a null reading.

22. (Original) The exercise apparatus of claim 21, wherein the apparatus is configured in treadmill only mode.

23-34. (Canceled)

35. (New) The exercise apparatus of claim 4, wherein the at least one treadle has at least a downward movement; and

wherein the second sensor generates the at least one second signal with each downward movement of a treadle.